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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | C:\Users\Portia\AppData\Local\Microsoft\Windows\INetCache\Content.Word\UrFitnessTrainer Studio-LOGO.JPG |  |  |  | | --- | --- | | July | 2017 | |  | |  | | --- | | NOTES:  * All fitness levels welcome * Bring your own towel and water * Proper attire required * Co-ed classes unless specified | | * Maximum class size is five * Please arrive on time * Doors lock at start of class * No food allowed | | * Plenty of free parking * Everyone must sign waiver * Not responsible for personal belongs | | SIGN-UP BY Email: [info@urfitnesstrainer.com](mailto:info@urfitnesstrainer.com)  Website: UrFitnessTrainer.com  Phone: 203-253-7141  PRICE:$25 monthly unlimited classes | |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | 7:15-8:15a-**Upper body** |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 5:45–6:45a - **Full Body Boot Camp** | 5:15– 6:15p – **Muscle Monday** | **Happy 4th of July!**  4-5a – **Sand bag** |  | 4-5a – **Core calisthenics** |  | 7:15-8:15a - **Butt, Hips, Thighs** |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 5:45–6:45a – **Core calisthenics** | 5:15– 6:15p – **Muscle Monday** | 4-5a – **Lower Body Toning** | 6:15p – 7:15p – **Wonder Women**  **Wednesday** | 4-5a – **Upper body toning** |  | 7:15-8:15a – **Full body Super set Saturday** |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 5:45–6:45a – **Upper Body** | 5:15– 6:15p – **Muscle Monday** | 4-5a – **Stability ball core** | 6:15p – 7:15p – **Wonder Women**  **Wednesday** | 4-5a – **Lower body boot camp** |  | 7:15-8:15a – **Core** **calisthenics** |
|  |  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 5:45–6:45a – **Butt, Hips, Thighs** | 5:15– 6:15p – **Muscle Monday** | 4-5a – **Upper Body HIIT** | 6:15 – 7:15p – **Wonder Women**  **Wednesday** | 4-5a – **Sweat Fest** |  | 7:15-8:15a – **Upper Body HIIT** |
| 30 | 31 |  |  |  |  |  |
| 5:45-6:45a – **Supper set Sunday** | 5:15– 6:15p – **Muscle Monday** |  |  |  |  |  |